

# MURRAY SENIOR RECREATION CENTER

## 2019 Recreation for 55+ November

### Veterans Brunch

The Center is pleased to announce our annual **VETERANS BRUNCH** on **Monday, November 4** at **11:15**. We will feature a buffet-style brunch honoring Veterans. Advance payment and registration are needed; however, seating is open. The cost is **\$1** for Veterans and **\$6** for everyone else.

**Deadline: No reservations or refunds may be made after close of business on Thursday, October 31.**

The event will begin at **11:15** with a flag ceremony, and Marlene Tillman will sing the National Anthem. John Green will provide background music during the buffet.



If you have any frayed U.S. flags that need to be recycled, please bring them to the brunch. An American Legion representative will recycle them.



### Thanksgiving Meal

Join us for our **THANKSGIVING MEAL**, which will be held on **Wednesday, November 13** at **11:00**, to give thanks for all the good things in life. Registration began Wednesday, October 23.

Entertainment begins at 11:00 with Mixed Nuts—a five-piece combo specializing in Big Band era music. The meal of turkey with all the trimmings will follow at 12:00.

**Deadline: No reservations or refunds may be made after close of business on Wednesday, November 6.**

Cost is **\$8** per person or **\$56** for a table of seven. You may choose your table when you make the reservation and you must provide us with all the names of those sitting at your table.



### Veterans' Stories

Thank you to the students from Rowland Hall, West Jordan High School, and Cottonwood High School! They met with a small number of our Veterans and recorded their stories. The students will present these stories on **Friday, November 1** at **3:00**. All are invited to attend.



### Thermostats

We are setting all the thermostats in the building at 72° this winter. Please dress in layers in case the set temperature isn't sufficient for your personal needs. We have participants with a number of different activity or personal temperature levels. Take responsibility for yourself by bringing a sweater or even a small throw blanket for your legs. Please do not ask staff to adjust thermostats.

### 2019 Center Closures

Monday, November 11	Veterans Day
Thursday, November 28	Thanksgiving
Friday, November 29	Thanksgiving
Wednesday, December 25	Christmas

### Special Events

Friday, December 6  
Holiday Boutique  
*see page 5  
for details*



### Murray

### Senior Recreation Center



#10 East 6150 South  
Murray, UT 84107

**801-264-2635**

seniorrec@murray.utah.gov  
murray.utah.gov/140/Murray-Senior-  
Recreation-Center  
Director: Tricia Cooke

### Monday – Friday

8:00 – 4:30

### Thursday

8:00 – 9:30

### Saturday – Sunday

Closed

### Murray City Administration

Mayor Blair Camp  
 Parks and Recreation Director: Kim Sorensen  
 City Council:  
 Dave Nicponski, District 1  
 Dale Cox, District 2  
 Jim Brass, District 3  
 Diane Turner, District 4  
 Brett Hales, District 5

### Murray Senior Recreation Center Staff

Director	Tricia Cooke
Programming	Maureen Gallagher
	Wayne Oberg
Secretary	April Callaway
Receptionist	Miranda Carter
Ceramics	Cindy Mangone
Meals Supervisor	Allie Rivera
Meals Assistant	Chris Miller
Dishwasher	Annie Gardner
Custodian	Bart Harris
Building Attendant	Pete Wright

### Advisory Board

**Chair:** Ed Houston  
 Christine Clark Richard Clark  
 Brenda Clausen Max Derrick  
 Sandra Jones Jenny Martin  
 Erich Mille Pete Wright

## Heritage Senior Adults, Inc.

**DONATIONS** made to the Murray Senior Recreation Center go to the Heritage Senior Adults, Inc., which is a 501(c)3 and funds a scholarship program for our seniors.

The **SCHOLARSHIP** program provides up to \$70 per month for one year to an individual to help pay for lunch and activities at the Murray Senior Recreation Center. Applications are available at the Front Desk.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any **CHUCK-A-RAMA** restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Senior Adults, Inc. all the proceeds from sale of the cards.

Each time you swipe your rewards card at Smith's, we will earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to the Heritage Center (#80274).

Add a tile to the **WALL OF SUPPORT** in the Murray Senior Recreation Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state-of-the-art laser technology, which ensures strength and durability for a lifetime.

## Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current participant account and have provided us with their email address. It is also available at the Front Desk of the Murray Senior Recreation Center, online at [murray.utah.gov](http://murray.utah.gov), or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Murray Senior Recreation Center and the suggested donation is \$1 per issue. *Newsletters are archived online.*

Ask at the Front Desk for a copy of our **CANCELLATION POLICY**. In general, for classes or services the policy is two working days, for trips or special events it is five working days, and for overnight trips it is six weeks in order to receive a full refund.

The Murray Senior Recreation Center accepts all major **CREDIT CARDS** for activity payments made over the phone or in person. All charges made will show from "Murray Parks" on your credit card or bank statement.

Inquire at the Front Desk if you need **SPECIAL ACCOMMODATIONS** to

participate in any of our activities. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

**ANIMALS** are not allowed on the premises of the Murray Senior Recreation Center except service animals as defined by Utah Code. The service animal must be wearing its service vest or the individual may present the animal's identification card or another form of identification.

April Callaway is a **NOTARY** and is available to sign documents that need to be notarized; this is a **free** service for Center participants.

Our **ADVISORY BOARD** meets monthly at 10:30 on the 4th Wednesday each month. The public is always welcome to attend and there is time provided for comments.

### Bus Trip Reminders

- Please park your car north of the light pole in our parking lot to free up space for the daily patrons of the Murray Senior Recreation Center.
- Please remember to bring your own water to enjoy on the trip.
- For Le Bus chartered bus trips, the trip host will pass around a tip jar to collect tips for the driver. The standard tip is \$1 per person.

## eBooks and eAudiobooks

On **Friday, November 1** at **10:30**, a representative from Murray City Library will teach you how to use **eBOOKS** and **eAUDIOBOOKS**. Bring your devices (tablet, smartphone, eReader, etc.) and all passwords for your accounts (Amazon, Apple, Adobe, etc.). Also, bring your Murray Library Card. If you don't have a Murray Library Card and would like one, please bring a photo ID printed with your current address, or a piece of mail with your name and current address. This is a **free** class. [Register now](#). Space is limited to seven participants.

## Climbing the Peaks

On **Tuesday, November 5** at **10:30**, Carol Masheter will present her 90-mile hike and mountain climb of the Huayhuash range in the Peruvian Andes last July—one of the most beautiful treks in the world. Carol climbed Diablo Mudo, or “Mute Devil,” (17,500 feet in elevation) a rugged peak with a bit of everything: a long approach up steep, loose moraine, deep snow, rock, ice, and glaciers with crevasses. This is a **free** presentation. [Register now](#).



## Navigating Medicare Choices

On **Tuesday, November 5** at **10:30**, Bill Barron from the SHIP program (Medicare Options Coordinator), will be at the Center to help you understand **NAVIGATING MEDICARE CHOICES**. You may just be turning 65 this year and have many questions about Medicare. Maybe you need to know about obtaining Part-D coverage. You may need help reviewing your Medicare Plans. This is a **free** class. [Register now](#).

Bill will cover the changes in Medicare for 2020, give a presentation of the four parts of Medicare—A, B, C, and D—and answer all your questions. Bring your list of questions or concerns and do not miss out on this informative presentation.

**Medicare Open Enrollment is October 15–December 7. Many aspects of the plans change each year. It is recommended that you check your plan to ensure the medications you are taking are included in the upcoming year.**

## Manage Your Health in the Home

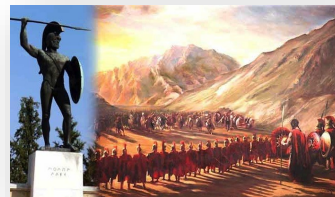
On **Wednesday, November 6** at **10:30**, Emily Sosa and Jarrett Henderson, our University of Utah Occupational Therapy Students, will be holding a class to discuss ways to help **MANAGE YOUR HEALTH IN THE HOME**. The class will provide a semi-structured lecture that will present information on health management (i.e. home safety, sleep hygiene, emergency preparedness, etc.) and allow for time to discuss personal concerns and how Occupational Therapy can benefit you. This is a **free** class. [Register now](#).

## Grief Support Class

On **Friday, November 8** at **10:30**, Jody Davis, a Chaplain from Rocky Mountain Hospice, will discuss ways to process grief in our **GRIEF SUPPORT CLASS**. Grief is not limited only to the death of a loved one; it may also be caused by a reaction to divorce, a decrease in physical ability, and other grief-producing events that are all too common as we age. This is a **free** class. [Register now](#).

## History Class: Battle of Thermopylae

On **Tuesday, November 12** at **10:30**, Jim Duignan, who originally hails from Dublin, Ireland and is a retired history teacher, will discuss the **BATTLE OF**



**THERMOPYLAE**, which was fought between the Greeks (300 Spartans) and the Persians in 480 B.C. If Greece had been conquered by Persia, the Golden Age of Greece may never have happened. This is a **free** class. [Register now](#).

## Manage Your Health in the Community

On **Wednesday, November 13** at **10:30**, Emily Sosa and Jarrett Henderson will present ways to prevent falls and how to **MANAGE YOUR HEALTH IN THE COMMUNITY**. You may have just finished taking the Stepping On class but still have questions about community safety. This is a **free** class. [Register now](#).

## Senior Care and Life Planning

Afraid of having to pay for senior care? On **Friday, November 15 at 10:00**, come learn from a panel of **SENIOR CARE AND LIFE PLANNING** professionals. They will discuss real estate, long term care, insurance, reverse mortgages, estate planning, Medicaid, and veterans benefits. This is a **free** class. [Register now.](#)

## Social Security Class

On **Friday, November 22 at 10:30**, Darren Hotton, from Salt Lake County Aging Services, will explain helpful ways for you to maximize your Social Security benefits. You will learn when you should begin receiving your Social Security, strategies to boost retirement and survivor's benefits, how working after you receive Social Security could affect how much you receive, tax reduction strategies, how divorce or the death of your spouse impacts your benefits, and other commonly overlooked aspects of Social Security planning. This is a **free** class. [Register now.](#)

## AARP Smart Driving Class

AARP teaches a **SMART DRIVING** class on the last Tuesday each month. The next class will be on **Tuesday, November 26 from 9:30-2:30**. [Register now.](#)

The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee. Make checks out to AARP and pay the day of class. They do not take credit cards. Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending.

## Vital Aging

On **Tuesday, November 26 at 1:00**, the **VITAL AGING** wellness topic will be **COPING WITH GRIEF AND LOSS**. Throughout life, we may experience several losses. Each loss we go through—be it a death of a loved one or a change in health—can affect us deeply. While not all people grieve the same, it can be helpful to talk with those who are also walking a path to healing. This is a **free** class. [Register now.](#)

## Nutrition: Eating for Immunity

On **Tuesday, December 3 at 10:30**, Ashley Quadros from Harmons will be teaching us **NUTRITION: EATING FOR IMMUNITY**. Cold and Flu season is here and while there is no cure for the common cold or the flu, you can take steps to reduce your risk of catching it. Ashley will talk about the immune system and how diet can affect it. She will also teach simple steps you can take to reduce your risk of getting sick this year. This is a **free** class. [Register now.](#)

## Crafts

Cindy Mangone's **CERAMICS** class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for participants of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls.

A small group of **CRAFTERS** meets on **Tuesday at 12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are always welcome. Bring your ideas and projects to share.

## Painting Classes

John Fackrell's six-week **WATERCOLOR** class will continue at **9:00-12:00** through **Monday, December 9**. Cost is **\$33**.

John and Joan Fackrell's six-week **ART APPRECIATION** class will continue at **1:00-3:30** through **Monday, December 9**. Cost is **\$33**.

Jeanette Morris' **six-week PAINTING** class will begin **Wednesday, November 6** through **Wednesday, December 11 at 9:00-12:00**. Cost is **\$30**. [Registration began October 22.](#) Jeanette is an experienced teacher and paints in both watercolor and oils; she has some experience with pastels and acrylics.

## Crafting with Susan

Susan will be teaching her **CRAFTING WITH SUSAN** class on **Tuesday, December 10 at 2:30-4:00**. See the sample in the lobby display case later this month. The cost is **\$5** and all supplies are included. [Register now.](#) The deadline to register is **Friday, December 6** at noon.



## Holiday Boutique and Buffet

Please invite family and friends to visit and shop at our annual **HOLIDAY BOUTIQUE Friday, December 6** from **10:00 to 3:00**. This year we have 13 artists selling hand-made crafts in addition to our craft table. Come purchase a unique holiday or birthday gift from one of our vendors. This boutique is only held once a year and is open to the public.



The **HOLIDAY BUFFET** is at **11:00** on **Friday, December 6**. The buffet is for individuals 55+. Registration begins Friday, November 8. The cost is **\$8** and includes lunch and entertainment by the New Fiddlers.

**Deadline: No reservations or refunds may be made after close of business on Wednesday, November 27.**

Cost is **\$8** per person or **\$56** for a table of seven. You may choose your table when you make the reservation and you must provide us with all the names of those sitting at your table.

**Handmade items are currently being requested for the Center's boutique table (new items only, please donate anytime). All proceeds from this table will benefit the Center's fundraising efforts.**

## Computer Classes

Bob Beaudoin has one-hour **INDIVIDUAL HELP** appointments on **Tuesday** at **1:00, 2:00, and 3:00**. Bob can assist with computers or mobile devices (except Apple products). Cost is **\$3**. Registration and payment needed in advance.

Ashton Snelgrove and others from SoFi (Social Finance, Inc.) have one-hour **INDIVIDUAL HELP** appointments on **Thursday** at **2:00, 3:00, and 4:00** and **Friday** at **9:00 and 10:00**. They can assist with computers or mobile devices (including Apple products). Cost is **\$3**. Registration and payment needed in advance.

Glen Sisam's six-week **GENEALOGY** class will continue through **Wednesday, November 20** at **12:30-2:00**. This is a **FREE** class. Space is limited to eight participants (two need to bring their own laptop).

## Volunteer of the Month: Adam Schweitzer



Our **VOLUNTEER OF THE MONTH** is **ADAM SCHWEITZER**. Adam was born January 24, 1942 in Germany and lived there until he was 18.

After graduation from a vocational high school, Adam traveled to the United States, working as a meat cutter in Salt Lake City. After 3

months as a meat cutter, Adam decided to join the National Guard, headquartered in Salt Lake.

Through the help of a mutual friend, Adam met a young Japanese lady living in Japan. They carried on an overseas pen pal relationship for five years. After many letters, the young lady, Michiko, came to Salt Lake City to meet Adam. Adam wouldn't let Michiko go home and they have been happily married for 52 years. They have three beautiful daughters (who take after their mother) and five grandchildren.

Adam worked for Amoco Oil Company, and retired after many years working there. Soon Adam became bored with retirement, so he went to work for SRI Surgical Recoveries for seven years. After that stint, he became a member of the Murray Senior Recreation Center eleven years ago.

Adam loves coming to the Center and volunteering with table and chair setups and anything else Bart needs a hand with. Adam helps out with brunches, where he cooks up a mean waffle!

We will honor Adam on **Monday, November 4** at **11:30**.

Thank you Adam for your service—to the Center and to our country.

## Birthday Wednesday

Celebrate your **BIRTHDAY** on the **FIRST WEDNESDAY** of the month and you could win a free lunch. The lunch is on us if you are turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you have hit a decade! There is free cake and ice cream for everyone to enjoy, too.

*A special thank you to Memorial Mortuaries and Cemeteries for donating the cake!*



# Monthly Calendar

# 2019

## Murray Senior Recreation Center

#10 East 6150 South  
Murray, UT 84107

**801-264-2635**

seniorrec@murray.utah.gov  
murray.utah.gov/140/Murray-Senior  
-Recreation-Center  
Director: Tricia Cooke

**Monday – Friday**


**8:00 – 4:30**


**Thursday**

**8:00 – 9:30**

**Saturday – Sunday**

**Closed**

MONDAY	TUESDAY
9:00 NIA / Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 11:15 <b>VETERANS BRUNCH</b> 11:30 <b>Volunteer of the Month</b> 12:30 Overall Fitness Class 12:30 Personal Training 1:00 Art Appreciation 1:00 <b>Movie: The Living Daylights</b> 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi / <b>Navigating Medicare</b> 10:30 <b>Climbing the Peaks</b> 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help 1:00 <b>Beginning Pinochle</b> 2:00 Beginning Line Dance
 <b>CENTER IS CLOSED</b>	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi / <b>History Class</b> 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help 1:00 <b>Beginning Pinochle</b> 1:30 <b>Legal Consultation</b> 2:00 Beginning Line Dance
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Overall Fitness Class 12:30 Personal Training 1:00 Art Appreciation 1:00 <b>Movie: Spider-Man: Far From Home</b> 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance / 10:30 Tai Chi 10:30 <b>Alcoholics Anonymous</b> 11:30 Lunch 12:00 <b>Medicare Counseling</b> 12:30 Canasta 12:45 Crafters 1:00 Computer / <b>Veterans Benefits</b> 1:00 <b>Beginning Pinochle</b> 2:00 Beginning Line Dance
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Overall Fitness Class 12:30 Personal Training 1:00 Art Appreciation 1:00 <b>Movie: Buchanan Rides Alone</b> 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 9:30 <b>Smart Driving</b> 10:30 Tai Chi 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help / <b>Vital Aging</b> 2:00 Beginning Line Dance

WEDNESDAY	THURSDAY	FRIDAY
		9:00 Zumba 9:00 Computer Help 10:00 Yoga 10:30 <b>eBooks and eAudiobooks</b> 11:15 Chair Aerobics 11:30 Lunch 12:30 Overall Fitness Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge 3:00 <b>Veterans' Stories</b>
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 10:30 <b>Manage Your Health: Home</b> 11:15 Chair Aerobics 11:30 <b>Birthday Wednesday Lunch</b> 12:30 Genealogy 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball / <b>Blood Testing</b> 9:00 <b>Kingsbury Hall: AXIS Dance</b> 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 9:00 Computer Help 10:00 Yoga 10:30 <b>Grief Support Class</b> 11:15 Chair Aerobics 11:30 Lunch 12:30 Overall Fitness Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 <b>NO</b> Transportation 10:30 <b>Manage Your Health: Community</b> 11:00 <b>THANKSGIVING MEAL</b> 11:15 <b>NO</b> Chair Aerobics 12:30 Genealogy 12:45 <b>NO</b> Bingo 1:00 Bridge	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 9:00 Computer Help 10:00 <b>Senior Care and Life Planning</b> 10:00 Yoga / <b>Kingsbury: Vietnam</b> 11:15 Chair Aerobics 11:30 Lunch 12:30 Overall Fitness Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 10:30 <b>Advisory Board (open to public)</b> 10:30 <b>Blood Pressure</b> 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage 1:00 <b>Clark Planetarium</b> 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 9:00 Computer Help 10:00 Yoga 10:30 <b>Social Security Class</b> 11:15 Chair Aerobics 11:30 Lunch 12:30 Overall Fitness Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge
9:00 Painting / Haircuts 9:00 <b>Grantsville Breakfast</b> 9:15 Pinochle 10:00 Yoga 10:00 <b>NO</b> Transportation 11:15 Chair Aerobics 11:30 Lunch 12:45 Bingo 1:00 Bridge	<div> <div>28</div> <div>29</div> <div>  <p><b>Happy Thanksgiving</b></p> <p><b>CENTER IS CLOSED THURSDAY AND FRIDAY</b></p> </div> </div>	

## Cards

Informal **BRIDGE LESSONS** (Chicago/Party) are held on **Monday at 11:00**.

**BRIDGE** play is on **Wednesday and Friday at 1:00-4:00**. Some players arrive early to practice and start finding first round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played.

**CANASTA** is played on **Tuesday at 12:30-3:30**. Beginners are welcome, all games are free, and anyone can join in on the fun.

**PINOCHLE** tournaments are held on **Wednesday at 9:15**. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid at check-in.

## Beginning Pinochle

The six-week **BEGINNING PINOCHLE** class will continue through **Tuesday, November 19** from **1:00-2:00**.

## Bingo

**BINGO** is played every **Wednesday and Friday at 12:45**. **Bingo is free, although donations** are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant.

**NOTE:** *The bingo cards will be available at 12:30 each Wednesday and Friday. Tables will be called randomly to pickup cards before the start of bingo.*

The bingo program is operated by donations. Please help the program maintain quality prizes by donating. The suggested donation amount is **\$1** for 1-3 cards played or **\$2** for 4-6 cards played.

A special **THANK YOU** to **Village Inn** for donating pies each week and to **Jenkins-Soffe** for sponsoring bingo on the first Friday of each month.

## Readers Theater

The **READERS THEATER** troupe meets every **Thursday** from **3:00-4:00**. If you would like to participate, please come and join in the fun!

## Monday Movie

Join us on **Mondays at 1:00** for a **free MOVIE** and popcorn!



**THE LIVING DAYLIGHTS**  
Monday, November 4  
1987 / 130 minutes  
British Spy



**SPIDER-MAN: FAR FROM HOME**  
Monday, November 18  
2019 / 83 minutes  
Romance



**BUCHANAN RIDES ALONE**  
Monday, November 25  
1958 / 80 minutes  
Western

## Line Dance

Enjoy some great exercise, stimulate your brain, and meet with friends. **LINE DANCE** is held on **Tuesday at 9:30** for all dancers and **Tuesday at 2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage.

## Evening Social Dance

**DANCE** to the musical genius of Tony Summerhays each **Thursday night at 7:00-9:30 pm**. Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency that provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray, Village Inn West Jordan, Tony Summerhays, and Kneaders Bakery and Café.

## Cornhole Bean Bag Toss

The Center is considering purchase of a **CORNHOLE BEAN BAG TOSS** game.

If you would be interested in playing Cornhole, *please sign the interest list at the front desk or talk with Wayne Oberg.*





## Haircuts

Jocelyn Anderson provides **HAIRCUTS** on **Wednesdays** from **9:00** to **11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**, and is paid the day of your cut at the Front Desk. Appointments are every 15 minutes. Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund.

## Massage

Joanne Payne provides **MASSAGE** on **Thursdays** from **12:00** to **4:00**. Cost for an hour is **\$40** (12:00, 1:00, or 2:00). Cost for a half-hour is **\$20** (3:00 or 3:30). Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund. *If you schedule a 30-minute appointment, wear loose clothing for your massage.*

## Toenail Clipping

Dr. Scott Shelton provides **TOENAIL CLIPPING** every other month. The next scheduled toenail clipping will be on **Thursday, December 26** from **9:30** to **12:00**. The cost is **\$11**. Payment is required at time of scheduling; registration begins Thursday, November 21.

The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

## Blood Testing

Our semi-annual **BLOOD TESTING** is scheduled for **Thursday, November 7** from **9:00** to **11:00**. This service is sponsored by IHC Laboratories. The cost is \$15 for a Lipid Profile, \$7 for Hemoglobin A1C, or \$22 for both. Payment is made to IHC the day of the test. Results are mailed to your home in approximately 2 weeks. Advance appointments are required. Fasting is required for the Lipid Profile test.

## Winter Walking Club

Our **WINTER WALKING CLUB** goal is to walk 412 miles to Las Vegas. Cost of the winter program is **\$5** and starts November 1. You will receive a pedometer and monthly calendars. Prizes await those who make it to Las Vegas by the end of March. Register now.

## Legal Consultation

An attorney is available for a 20-minute **LEGAL CONSULTATION** at no charge on the second Tuesday each month. Kyle Barrick will be here on **Tuesday, November 12** from **1:30** to **3:30**. Advance appointments are required.

Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. This is a **free** service.

## Alcoholics Anonymous Informational Class

On **Tuesday, November 19** at **10:30**, there will be an informational class about **ALCOHOLICS ANONYMOUS**. We will share our experiences, provide literature, and answer questions. We will talk about what AA is and isn't, the twelve steps, and how AA works in practice. This is not an AA meeting, and anyone interested in AA or recovery for themselves or others is welcome to come learn.

## Medicare Counseling

Need help with **MEDICARE** or supplement issues? Sign up now for individualized help on **Tuesday, November 19** from **12:00** to **2:00**. Advance appointments are required. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. The volunteer comes the third Tuesday each month. This is a **free** service.

## Veterans Benefits

On **Tuesday, November 19** from **1:00** to **3:00**, Brock McLean, an officer in the American Legion Veterans Service, will provide individualized help to discuss **VETERANS BENEFITS**, assist with filing any claims, and answer general questions about benefits for Veterans. Advance appointments are required.

## Blood Pressure Clinic

Monique at Harmony Home Health and Hospice will be conducting a **BLOOD PRESSURE CLINIC** on **Wednesday, November 20** from **10:30** to **12:00**. No appointments necessary.

## Exercise Classes

### GENTLE YOGA

Tuesday 9:00-10:00

This class is gentle in its approach and not as strenuous as other practiced forms of yoga.

### NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

### STRENGTH CONDITIONING

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

### TAI CHI

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

### YOGA

Wednesday and Friday 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

### ZUMBA

Friday 9:00-10:00

This class involves dance and aerobic movements performed to energetic music.

### CHAIR AEROBICS (25¢)

Wednesday and Friday 11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

## Pool Hall

Pool tables are available for your recreational enjoyment during our hours of operation. The equipment is located in the **POOL HALL** at the east end of the building.

### Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$20 monthly fee
- Class fees are **not included** in Silver Sneakers or Silver & Fit Medicare Supplement Insurance benefit

## Exercise Room

The **EXERCISE ROOM** is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is **\$1** per day, **\$5** for the month, or **free** if you have Silver Sneakers or Silver & Fit. Ask at the Front Desk for details.

## University of Utah Students

The University of Utah Exercise and Sports students will be here every **Monday** and **Friday** at **12:30-2:00**.

The students teach an **OVERALL FITNESS CLASS** at 12:30 that can help you improve your fitness levels and increase your endurance, balance, and stretching abilities.

They also offer 30-minute, one-on-one **PERSONAL TRAINING**. Sign up for this service in the exercise room.

The University of Utah students' overall fitness class and personal training is included with the exercise room fee.

## Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.

The eight-week session will continue through **Monday, December 2** at **10:30-12:00**. The cost is **\$20** for the session or **\$3** per class. [Register now](#).

## Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game.

Play **PICKLEBALL** every **Monday** at **10:15-12:00** or **Thursday** at **9:00-11:00** in the dining room or the outdoor courts (weather permitting). If you are new to the sport, **INSTRUCTIONAL PLAY** is every **Thursday** at **8:00-9:00**.

## Weekly Transportation

**WEEKLY TRANSPORTATION** to and from the Murray Senior Recreation Center is available for Murray residents on **Wednesdays**. This is a **free** service. Pick-up is between **10:00-10:45** and the return home is around **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.

## Kingsbury Hall: AXIS Dance

**AXIS DANCE** is the nation's most acclaimed ensemble of disabled and non-disabled performers. The company commissions, creates, and performs artistically stunning contemporary dance, developed through collaboration with high-profile choreographers and cutting-edge, innovative dance makers, including dancers with and without physical disabilities. More than any other company in the United States, **AXIS** has been at the forefront of the field, building a bridge between contemporary dance, integrated dance, and disability culture.

The Center bus will depart on **Thursday, November 7** at **9:00** for **KINGSBURY HALL**. Cost is **\$6**. Registration begins Tuesday, October 29.

## Kingsbury Hall: Vietnam Through My Lens

Sometimes poignant, sometimes lighthearted, always thought provoking, this one-man play follows Stu Richel's journey as a combat journalist and photographer to, through, and beyond his military service in Vietnam. Stu proudly served in the U.S. Army from January 1968 to January 1970. Through much of 1969, he was a combat photographer/journalist with the 1st Infantry Division in Vietnam. Share the odd path by which Stu ended up in Vietnam, some of his misadventures as a journalist and photographer, and (perhaps most importantly) learn how the experience has colored his life.

The Center bus will depart on **Friday, November 15** at **10:00** for **KINGSBURY HALL**. Cost is **\$6**. Registration begins Wednesday, October 30.

## Clark Planetarium: Secrets of the Universe

**SECRETS OF THE UNIVERSE** is a sweeping, 3D Giant-Screen adventure that immerses audiences in the greatest mysteries of our time—puzzles spanning from the infinitesimal to the infinite, a journey guided by some of the most brilliant minds seeking to answer life's greatest questions. The answers await at the collision points of intellect and imagination, of theory and experiment, of the tiniest particles and most powerful forces in the universe. Our science adventure is led by scientist Manuel Calderon as we travel to CERN, just outside of Geneva on the Franco-Swiss border, to use the Large Hadron Collider (LHC), the biggest machine ever built and the most powerful scientific instrument ever created.

The Center bus will leave at **1:00** on Thursday, **November 21**. The return is about 4:00 pm. Cost for this trip is **\$12**. Registration begins Wednesday, November 6.

## Grantsville Breakfast

Once again our Center bus will be headed to the **GRANTSVILLE** Senior Center for the "Second Best **BREAKFAST** in Utah." The Center bus will leave at **9:00** on **Wednesday, November 27**. The return is about noon. Cost for this trip is **\$10** and includes transportation and breakfast. Registration begins Tuesday, November 12.

## Festival of Lights

It is time to mark your calendar for our annual visit to Spanish Fork's **FESTIVAL OF LIGHTS**. As this is one of our more popular trips, three dates have been planned — **Thursday, December 5** and **Tuesday, December 10** and **Tuesday, December 17**. Pick the date that is best for you. Registration begins Wednesday, November 20. The bus will depart the Center at **4:00 pm** and travel to Provo for dinner at Chuck-A-Rama. After dinner, you will be treated to a drive through beautiful Canyon View Park at the mouth of Spanish Fork Canyon where we will view thousands of colored lights and dozens of illuminated structures—several of which are animated. Return to the Center about 8:00 pm. Cost for this trip is **\$23** and includes dinner.

# NOVEMBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <p><b>Soup of the Day</b> now available as a Lunch Option</p>			<p><b>1</b></p> <p><b>FRIED CHICKEN</b> Mashed Potatoes Corn Pudding Parfait</p>
 <p><b>4</b></p> <p><b>COST IS \$1 VETERANS</b> <b>\$6 NON-VETERANS</b> <b>REGISTRATION DEADLINE</b> <b>IS MONDAY, OCT 28</b></p>	<p><b>5</b></p> <p><b>BROWN SUGAR GLAZED SALMON</b> Steamed Broccoli Rice Pilaf Lemon Bars</p>	<p><b>6</b></p> <p><b>CHICKEN PARMESAN</b> Side Salad Garlic Bread Birthday Cake and Ice Cream</p> 	<p><b>7</b></p> <p><b>SLOPPY JOE CASSEROLE</b> Tater Tots Fresh Fruit Chocolate Chip Cookie</p>	<p><b>8</b></p> <p><b>SESAME TERIYAKI SHRIMP</b> White Rice Stir Fry Veggies Cinnamon Roll</p>
<p>Lunch is served Tuesday-Friday between <b>11:30-12:30</b>  <b>Main Entrée price is \$4</b>            Make your lunch selection and then pay the lunch cashier            Sandwiches, soup, or salads available as alternatives            Prices range from <b>\$2-\$4</b></p>				
<p><b>11</b></p>  <p><b>CLOSED</b></p>	<p><b>12</b></p> <p><b>CHICKEN A LA KING</b> Fruit Cup Cookie</p>	<p><b>13</b></p>  <p><b>COST IS \$8</b> <b>REGISTRATION DEADLINE</b> <b>IS WEDNESDAY, NOV 6</b></p>	<p><b>14</b></p> <p><b>CHILI CHEESE DOGS</b> Chips Mixed Veggies Blondie Brownie</p>	<p><b>15</b></p> <p><b>TATER TOT CASSEROLE</b> Side Salad Jell-O Parfait</p>
<p><b>18</b></p> <p><b>NO LUNCH</b></p>	<p><b>19</b></p> <p><b>CHICKEN POT PIE CASSEROLE</b> Breadstick Fruit Pie</p>	<p><b>20</b></p> <p><b>FISH TACOS</b> Coleslaw Black Beans Tres Leches Cake</p>	<p><b>21</b></p> <p><b>GOULASH</b> Green Beans Fruit Cup Salted Caramel Butter Bars</p>	<p><b>22</b></p> <p><b>LEMON CHICKEN AND RICE SOUP</b> Roll Cucumber and Tomato Salad Cookie</p>
<p><b>25</b></p> <p><b>NO LUNCH</b></p>	<p><b>26</b></p> <p><b>MEATLOAF</b> Mashed Potatoes Carrots Creamie</p>	<p><b>27</b></p> <p><b>CHICKEN SALAD CROISSANT</b> Macaroni Salad Vegetable Sticks Yogurt Parfait</p>	<p><b>28</b></p> <p><b>29</b></p>  <p><b>CLOSED THURSDAY &amp; FRIDAY</b></p>	